SAVE A LIFE

GET CHECKED

There's someone you know

who should be

screened.





One out of every two men

and one out of every three women

are at risk of having cancer in their lifetime.

You can decrease your risk

by getting regular screenings.





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GOOD NEWS

(Yes, there is good news.)

ABOUT CANCER



Every day, more and more

Georgians are beating cancer.

The key is early detection.

Make sure you and your loved ones

follow these simple guidelines.

Knowing what to do and when to do it — women

Starting at Age 20

- You need a breast exam by a healthcare provider every three years to check for breast cancer.
- •Women 21 and older need to have a regular Pap test to check for cervical cancer. Younger women who have started having sexual intercourse also need a regular Pap test.

Starting at Age 40

- •You need a breast exam by a healthcare provider and a mammogram (X-ray of the breast) every year to check for breast cancer.
- You need a regular Pap test to check for cervical cancer.

Starting at Age 50

- •You need a breast exam by a healthcare provider and a mammogram (X-ray of the breast) every year to check for breast cancer.
- You need a regular Pap test to check for cervical cancer.
- •You need to have one of the following tests to check for colorectal cancer:
- Fecal occult blood test (stool blood test) every year
- Flexible sigmoidoscopy (an exam of the rectum and part of the colon using a lighted instrument) every five years
- Colonoscopy (an exam of the rectum and entire colon with a lighted instrument) every ten years

Knowing what to do and when to do it is important.

When breast, cervical or colon cancers are found at an early stage,

the five-year survival rate is 90% or more.

Talk with your doctor

or health department
about getting screened.

Knowing what to do and when to do it — men

Starting at Age 50

- You need to have one of the following tests to check for colorectal cancer:
- Fecal occult blood test (stool blood test) every year
- Flexible sigmoidoscopy (an exam of the rectum and part of the colon using a lighted instrument) every five years
- Colonoscopy (an exam of the rectum and entire colon with a lighted instrument) every ten years
- •You should talk with your doctor or local health department about prostate cancer screening to find out whether or not screening is right for you.
- •If you are in a high-risk group for prostate cancer, including African-American men and men with a family history of prostate cancer, you should talk with your doctor about prostate cancer screening starting at age 45.



There is no better

weapon in the fight
against cancer than
early detection.

